

Abstract

In a heat generating composition which generates heat by contacting with air, a heat generating composition which is characterized in that an exothermic substance, a reaction promoter, water and a carbon component are essential components, water mobility value thereof is 20 or less, maximum particle size of water-insoluble solid components excluding the reaction promoter and water is 1 mm or less where 80% or more thereof has a particles size of 300 μm or less, water in the heat generating composition does not function as a barrier layer and exothermic reaction takes place when contacted to the air. A heat generating composition having a molding property and a shape-holding property and also having an exothermic characteristic whereby exothermic reaction is able to start by contacting to the air immediately after the molding and a heat generating body using the same are provided.